

Hingham Recreation Commission

210 Central Street
Hingham, MA 02043

Hingham Recreation 2005-06

“Rec. Center”

**210 Central Street
Hingham, MA 02043
*www.hinghamrec.com***

Recreation Staff:

***Jill Drohan, Director
Ted Carroll, Program Manager
Mark Thorell, Youth Supervisor***

Office Hours: 9:00 AM - 6:00 PM

Phone: 781-741-1464

Fax: 781-740-0239

Hingham Recreation Commissioners:

***Chairman; Tom Campbell, Kristin Parnell,
Robert Keyes, Mitch Powers and
Cheryl Alexander Bierwirth, Secretary***

**RESIDENTIAL CUSTOMER
HINGHAM, MA 02043**

Hingham Public Schools
Hingham, MA 02043

Hingham Recreation

“Open Rec.”

The Recreation Center at the Town Hall will be open from **3:00 PM to 6:00 PM seven days a week** for “open recreation” for school-aged youngsters. Students will be able to play games in the gym, use the video games, bumper pool, Ping-Pong and pinball games in the Game Room; enjoy a snack and relax in the booths while they relax to the sounds from the CD jukebox. The Center will be supervised by staff and provide a safe, fun atmosphere for school aged youngsters daily. On Early Release Days the “Open Rec.” hours will be from 1:00 PM to 6:00 PM.

Youngsters under nine years of age may not be left at the Rec. Center without a parent or guardian. Free for Hingham residents six years old and up!

Daily: 3:00 PM to 6:00 PM



Birthday or Special Occasion Parties

Your family can celebrate in style at the "Rec. Center" this year. Enjoy the Game Room with its Pump It Up Dance Revolution, CD Jukebox, video games, Ping-Pong, bumper pool, pinball machines, bubble hockey and more. Then play "pro" type games in the sparkling gym. Book early because party dates fill quickly.

In order to reserve a date, you must fill out a party application and submit a \$50.00 non-refundable deposit. Ages 7 to 12 only! Party Fee: \$100.00/2 hours. Birthday parties are reserved for Hingham residents only.



7th & 8th Grade Dances

The Recreation Department will host dances for Hingham students in grades 7 and 8 from 7:00 to 10:00 PM on four Fridays during the school year. Admission will be \$5.00 per student. Students must provide school ID! The dances feature disc jockeys and will be supervised by parents, staff and Recreation Commissioners.

Hingham residents only!

Sneakers only, no shoes! Appropriate clothing please!

2005 and 2006 Dances: 10/7, 12/2, 3/3 and 5/5

Ski /Snowboarding Trips

Grades 6 - 12

Students in grades five through twelve are eligible for the Hingham Recreation Department ski trips. In order to hold a seat, students must submit a signed registration form with parental permission and total payment. The luxury coach bus departs promptly from the “Rec. Center” at 6:00 AM and returns at approximately 6:30 PM. All busses feature VCR’s and comfortable seating. **Only PG and**

PG-13 films will be shown. Trips must have a minimum of fifty skiers. Refunds will be given only if the Recreation Department cancels a trip. Only pre-registered skiers will be allowed on trips. Trips may not be transferred to another date or to another individual under any circumstances. **Participants must provide their own equipment. The Recreation Department will not provide rentals at the mountain. The cost of the round trip transportation and all-day lift ticket will be \$75.00 per skier.**



Sat. Jan. 21 st	Waterville Valley	\$75.00
Sat. Feb 11 th	Mt. Sunapee	\$75.00
Sat. Mar. 11 th	Waterville Valley	\$75.00

Registration for Ski Trips will be held Tuesday, December 6th at 7:00 PM at the “Rec. Center.”

Sports Fundamentals

4 - 6 Year Olds



Mary Anne Schmitt (certified Physical Education teacher) will teach your child the individual skills he or she will use to participate in team sports. Areas covered include: locomotion skills, hand-eye coordination, striking skills, and rope jumping/rhythmic skills. **Each session is limited to ten children per session. (Dates and times subject to change.)**

Class Schedule

Class I :	Tuesdays	12:30 PM to 2:00 PM
Class II:	Wednesdays	9:00 AM to 10:30 AM
Class III:	Thursdays	9:00 AM to 10:30 AM

Session Schedule

Session I	weeks of	9/19 - 10/28	\$70.00
Session II	weeks of	10/31 - 12/16	\$70.00
Session III	weeks of	1/9 - 2/17	\$70.00
Session IV	weeks of	2/27 - 4/7	\$70.00
Session V	weeks of	4/10 - 5/26	\$70.00

Registration begins Wednesday, September 14th 10:00 AM at the REC Center

Toddler Play Group

Ages 5 & under

Here is "Open Rec." for the younger set. Parents and toddlers get a chance to enjoy the Rec. Center during their own special time. Toddlers may enjoy the "baby-sitting" room Monday through Friday from 3:00 PM to 5:00 PM. Parents must stay with their youngsters. Great indoor play throughout the school year! Parents **MUST** supervise. **No charge! Hingham residents only!**
Monday through Friday: 3:00 PM - 5:00 PM



School Vacation Programs

The Hingham Recreation will offer three School Vacation Programs for youngsters ages six through twelve at the Rec. Center. The program will include action-packed, fun-filled four days of games, arts & crafts, holiday projects and more! This program is limited to the first 60 campers. The Program runs 9:00 AM to 3:00 PM. For more information please call the Rec. Center 741-1464. **Non-residents will be accepted on a space available basis at \$120.00 per child.**



Registrations must be submitted with payment by deadlines listed below.

<u>Month</u>	<u>Dates</u>	<u>Cost</u>	<u>Registration Deadline</u>
December Vacation	12/27 - 12/30	\$100.00/child	Dec. 17 th
February Vacation	2/21 - 2/24	\$100.00/child	Feb. 11 th
April Vacation	4/18 - 4/21	\$100.00/child	April 8 th

Vacation Camps must meet minimum enrollment by deadlines.



Gymnasium Rental

Rent the gym for a family ballgame, volleyball, class contest or private party. Please contact the Recreation Department for available hours. Sneakers must be worn in the gym at all times. The Recreation Commission will provide equipment. No food or drink is allowed in gymnasium.
Rental Fee: \$25.00/hour

Adult Classes

Hatha Yoga

Begins Monday, September 12th

Phyllis Cox and Barbara Froio, certified Yoga instructors, teach an eclectic class, including, but not limited to, kripalu, ashtanga, and iyengar techniques. As the student performs a series of "asanas" (postures), coordinated with pranyama (breathing), the mind and body are stretched and relaxed. Yoga practice improves coordination, flexibility, balance and focus, while enhancing self-awareness. The Yoga practitioner emerges feeling calm and relaxed, with a sense of well being. The class is mixed-level, drop-in format. The fee is \$7/class, and babysitting is available for \$4/hour/child. Classes will be scheduled as follows:



Phyllis Cox:

Monday and Thursday mornings: 9:45 AM.

Babysitting available for morning classes \$4.00/child

Barbara Froio:

Tuesday evenings: 6:30 PM

Wednesday mornings: 9:45 AM and Saturday mornings: 10:00 AM

Dog Obedience Classes

Begins Tuesday, September 20th

Beginners	6:30 PM
Obedience with Distractions	7:30 PM

Begins Tuesday, November 1st

Rally – Obedience	6:30 PM
Beginners	7:30 PM

Begins Saturday October 1st

Beginners	10 :00 AM
Obedience with Distractions	11:00 AM

Begins Saturday, November 12th

Obedience with Distractions	10:00 AM
Beginners	11:00 AM

Check out the web site at "www.happydogtraining.com." Classes run for five weeks. All classes cost \$100/session. **Call Lisa to confirm. (617-789-3647)**



Cardio-Pump

Begins Monday, September 12th

Join Barbie Collins for a one hour full-body cardio and weight training session. Get the benefits of a cardio workout combined with upper and lower body weight training moves, which include movements such as lunges with overhead presses. Bring your own hand weights (1 lb- 3lbs) for this must-do class!

No pre-registration necessary. Drop-In classes. \$7.00/class.

Tuesdays and Fridays: 9:30 - 10:30 AM

Baby-sitting provided for \$4.00 per child per hour.



Adult Boot Camp Fitness Training



This outdoor class is designed to improve cardio-vascular endurance and strength based on jump roping, stairs or hills, squat thrust, lunges, push-ups, skipping/running knees, sit ups, etc. The class culminates on Thanksgiving Day, with all participants running in the Hingham Thanksgiving Day Turkey Trot. Classes run rain or shine at Cronin Soccer Field track. Saturday and Sundays: 9:00 AM – 10:00 AM
\$100 per session – Instructed by Betsy Callanan

Fall 2005 - September 24th – November 20th

Spring 2006 - April 7th – June 4th

Summer 2006 - June 10th – August 6th

Important Sports League Contacts

F.Y.I.!

Youth Football	John Battaglia	749-5788
Youth Soccer	Fouad Alzaibak	749-4495
Babe Ruth Baseball	Budd Thorne	741-5046
Little League Baseball	Rob Blomberg	749-6643
Youth Hockey	Tom Freda	749-6469
Girls Lacrosse	Steve Hickey	740-9021
Boys Lacrosse	Neil George	749-7075
J. Barker Basketball	John Battaglia	749-5788
Kahn Youth Wrestling	Dr. Steven Kahn	749-0775
Gals Basketball	Russ Heissner	749-2415
Gals Softball	Bill Genovese	749-7846
Hingham Girls Hockey	John Clifton	740-0112

2006 Boys & Girls Registration Night Lacrosse & Hingham Youth Wrestling



Lacrosse and Wrestling Registrations
will be held at the Hingham Recreation Center on the following days:

Monday, December 5th 6:00 – 8:00 PM
Wednesday, December 7th 6:00 – 8:00 PM



Summer Job Application Process

Students interested in working with the Recreation Commission next summer should obtain an application form from the Recreation Center. Applications will be available December 1st and the application deadline for 2006 employment is January 31st, 2006.

Candidates must be at least 16 years of age by July 1st, 2006!

Summer 2006 Program Information

New Lottery Dates!!!

- Applications will be available at the "Rec. Center" on **Thursday, Dec. 1st.**
- **Mail-in Applications only** will be accepted after January 1st.
- Applications must be received by January 31st.
- Applications must include all information and full-payment.
- Lottery results will be posted on Monday, February 15th at the Rec. Center.



Easter Egg Hunt – April 8th 2006

Saturday, April 8th at 10:00 AM Cronin Field Playground
Come meet the Easter Bunny!
Toddlers through Kindergarten.

Hingham Striders Fitness Room



The Hingham Striders Fitness Room features top quality commercial-grade aerobic and weight training equipment. The 'air-conditioned' Fitness Room is supervised by a member of the Rec. staff. **The Fitness Room is available to Hingham residents only.** Members must be at least eighteen years of age.

Fitness Room Membership Rates

Yearly: \$125.00 6 Months: \$85.00 College: \$75.00

Fitness Room Hours

Monday thru Thursday 6:30 AM to 9:30 PM

Fridays 6:30 AM to 8:00 PM

Saturday & Sunday 8:00 AM to 6:00 PM

Babysitting is available for members when school is in session only!

Monday through Friday 9:00 AM to 12:00 Noon



American Red Cross CPR /AED Classes

Take the course that could save a life! Adult, Infant & Child CPR/AED will be offered throughout the year. The six-hour American Red Cross course will be given once a month on consecutive Tuesday or Thursday evenings at the Rec. Center. Minimum class size of four is required.

There is a \$25 materials fee. Please call to enroll.

Mad Dog Spinning

Begins Sunday, September 11th

Deadline to register for each session is the Friday before each session. Tuition is \$70.00 per session or \$8.00 per class. Drop-ins will be allowed any time there is a bike available. All participants must fill out a registration form/waiver before taking part in classes. Babysitting will be available for weekday morning classes for a fee of \$4.00 per child.

Spinning Schedules for 2005-2006

Session 1	Sunday, Sept. 11 th through Saturday, Nov. 19 th
Session 2	Sunday, November 20 th through Saturday, January 29 th
Session 3	Sunday, January 30 th through Saturday, April 9 th
Session 4	Sunday, April 10 th through Saturday, June 18 th
Session 5	Sunday, June 19 th through Saturday, August 27 th

There will be twelve classes scheduled per week as long as attendance warrants. If subscription falls below five participants, the Rec. Dept will cancel the class.

Spinning Schedule

Monday	5:00 PM	Carol Smith-Sloan
Tuesday	5:45 AM	Adrienne Fowkes
	8:30 AM	Sheila Creahan
Wednesday	8:30 AM	Polly Griffin
	4:30 PM	Carol Smith-Sloan
Thursday	5:45 AM	Adrienne Fowkes
	8:30 AM	Sheila Creahan
	5:00 PM	Rob Baynes
Friday	8:00 AM	Carol Smith-Sloan
	9:30 AM	Polly Griffin
Saturday	8:30 AM	Carol Smith-Sloan
Sunday	8:30 AM	Carol Smith-Sloan